

# Whoopie Ideas

## 10 Things to Do With “Whoopie Pies”

1. Eat WAY too many.
2. Have a whoopee food fight.
3. Decorate them in shapes for holidays.
4. Use one as an edible pillow.
5. Enter in a whoopie-pie eating contest.
6. Serve them at your wedding.
7. Build a whoopie pie tower (to devour).
8. Play a game of edible checkers with 2 flavors of whoopee pies.
9. Freeze them for future treats
10. Be sure to purchase one to eat when you are in the New England area.

### *Flavor Frenzy*

The following flavors were all offered at the fifth annual Pennsylvania Whoopie Pie Festival, at Hershey Farm in Ronks, Lancaster County. Whoopie pies are the biggest-selling item available in the bakery, restaurant, farmers' markets, and online, though all the flavors below are not available year-round.

**Chocolate shell with:** regular peanut butter, vanilla, mint chip, raspberry, strawberry, cookies and cream, coffee, banana, chocolate, cream cheese, spice, and mint fillings

**Pumpkin shell with:** vanilla, cream cheese, and spice fillings

**Red velvet shell with:** vanilla and cream cheese fillings

**Vanilla shell with:** regular, peanut butter, vanilla, mint chip, raspberry, strawberry, cookies and cream, coffee, banana, chocolate, cream cheese, spice, peanut butter and jelly, and lemon fillings

**Orange shell with:** vanilla and cream cheese fillings

**Strawberry shell with:** regular, vanilla, banana, chocolate, and cream cheese fillings

**Peanut butter shell with:** regular, peanut butter, and chocolate fillings

**Chocolate shell with candy filling:** M&M, caramel, Heath Bar, malted milk balls, candy corn, Andes Candies, Reese's Pieces and peanuts

**Caramel Apple Chocolate shell:** with apples and caramel mixed in the filling

**Hawaiian wedding:** with pineapple pieces and coconut mixed in the filling

**Peanut Butter/Marshmallow shell with:** peanut butter and marshmallow mixed in the fill

## “Whoopie” for Whoopie Pies!

Whoopie pies are considered a New England phenomenon and a Pennsylvania Amish tradition.

Whoopie pies are one of Maine's best known and most loved comfort foods. Mainers will even claim that they were weaned on whoopie pies. In Maine, these treats are more like a cake than a pie or a cookie, as they are very generously sized (about hamburger size). they're so huge that you'll want to share one with a friend.



A whoopie pie is like a sandwich, but made with two soft cookies with a fluffy white filling. Traditional whoopie pies are made with vegetable shortening, not butter. The original and most commonly made whoopie pie is chocolate, but cooks like to experiment, and today pumpkin whoopie pies are a favorite seasonal variation.

The recipe for whoopie pies has its origins with the Amish, and in Lancaster county, Pennsylvania, it is not uncommon to find roadside farm stands offering these desserts. Amish cooking is about old recipes that have fed families for generations, with no trendy or cross-cultural fusions or mixtures.

According to Amish legend, when children would find these treats in their lunch bags, they would shout "Whoopie!" Whoopie Pies have also been known as a "gobs."

At the Hershey Farm and Inn in Strasburg, PA, an annual Whoopie Festival is held featuring a whoopie pie eating contest and the coronation of the Whoopie Pie Queen

In 2011, The Maine State Legislature considered making the Whoopie Pie the official state's dessert.

### For whoopies:

Cookie - drop batter by the 1/4 cup (to make 18 cakes) onto prepared baking sheets. With the back of a spoon spread batter into 4-inch circles, leaving approximately 2 inches between each cake.  
Bake 15 minutes or until they are firm to the touch.  
Remove from oven and let cool completely on a wire rack.

Whoopie pan – fill compartment and bake 7 minutes

Baby Cakes – use electric maker and bake 3-5 minutes.

### Amish Whoopie Pie Recipe

1/2 cup solid vegetable shortening  
1 cup firmly-packed brown sugar



1 medium egg  
1/4 cup unsweetened cocoa  
2 cups flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
1 teaspoon salt  
1 teaspoon pure vanilla extract  
1 cup milk  
Pie Filling (below)

Preheat oven to 350 degrees F. Prepared baking sheets. In large bowl, cream together shortening, sugar, and egg. In another bowl, combine cocoa, flour, baking powder, baking soda, and salt. In a small bowl, stir the vanilla extract into the milk. Add the dry ingredients to the shortening mixture, alternating with the milk mixture; beating until smooth.

#### **Whoopie Pie Filling:**

(Homemade Marshmallow Fluff/Crème)

3 egg whites, room temperature  
2 cups light corn syrup  
1/2 teaspoon salt  
2 cups sifted powdered (confectioner's) sugar  
1 tablespoon pure vanilla extract  
In large bowl of an electric mixer, add egg whites, corn syrup, and salt. Using your electric mixer on high speed, mix for approximately 5 minutes or until the mixture is thick and volume has almost doubled. On low speed, add powdered sugar and mix until well blended. Add vanilla.

#### **Easy Whoopie Pie Recipe**

1 cake mix (any chocolate cake mix or devil's food chocolate cake mix)  
1 (3-ounce) package of instant chocolate pudding

Preheat oven to 350 degrees F. Line cookie sheets with parchment paper or lightly grease the cookie sheets.  
Mix cake mix according to directions on box, but using 3/4 cup of water instead of listed amount. Beat 1 minute.  
Add instant chocolate pudding dry mix and beat 1 more minute.

#### **Broccoli Pies**

10 oz. frozen broccoli. Cook until very tender and smash or blend up. Add to cake mix with 1 egg and 1/4 cup oil. Bake as you would any whoopee.  
**Excellent way to "sneak" in some veggies.**

#### **Whoopie Pie Filling:**

1 cup solid vegetable shortening or butter  
1 1/2 cups powdered (confectioner's) sugar  
2 cups Marshmallow Fluff\*\*  
1 1/2 teaspoons pure vanilla extract

Whip until fluffy

#### **Red Velvet Pies**

2 cups all-purpose flour  
2 Tbsp. unsweetened cocoa powder  
1/2 tsp. baking soda  
1/4 tsp. salt  
1/2 cup butter, softened  
1 cup packed brown sugar  
1 egg  
1 tsp. vanilla  
1/2 cup buttermilk  
1 1-oz. bottle red food coloring (2 Tbsp.)  
1 recipe Whoopie Pie Filling, recipe below

Preheat oven to 375 degrees F. Line baking sheets with parchment; set aside. In medium bowl combine flour, cocoa powder, baking soda, and salt; set aside. In large mixing bowl beat butter on medium to high 30 seconds. Beat in brown sugar until light and fluffy. Beat in egg and vanilla. Alternately add flour mixture and buttermilk, beating after each addition just until combined. Stir in food coloring.  
Spoon batter in 1- or 2-inch diameter rounds, about 1/2-inch high on prepared baking sheets, allowing 1 inch between each round.  
Bake 7 to 9 minutes for 1-inch cookies or 9 to 11 minutes for 2-inch cookies, or until tops are set. Cool completely on baking sheets on rack. Remove cooled cookies from baking sheets.

**Whoopie Pie Filling:** In medium mixing bowl beat 1/4 cup softened butter and half an 8-ounce package softened cream cheese until smooth. Fold in one 7-ounce jar marshmallow creme.



**Yummy Chocolate Pies**

1/2 cup shortening  
 2 cups all-purpose flour  
 1-1/4 cups buttermilk or sour milk  
 1 cup sugar  
 2/3 cup unsweetened cocoa powder  
 1 egg  
 1 teaspoon baking soda  
 1 teaspoon vanilla  
 3/4 cup milk  
 1/4 cup all-purpose flour  
 3/4 cup butter or margarine, softened  
 2 cups sifted powdered sugar  
 1 teaspoon vanilla  
 1/4 cup unsweetened cocoa powder  
 3 tablespoons margarine or butter  
 2 cups sifted powdered sugar  
 2 tablespoons milk  
 1/2 teaspoon vanilla

For cookies, beat shortening with an electric mixer on medium to high speed for 30 seconds. Add about 1 cup of the flour, half the buttermilk, the sugar, 2/3 cup cocoa, egg, baking soda, 1 teaspoon vanilla, and 1/8 teaspoon salt. Beat until thoroughly combined. Beat in the remaining 1 cup flour and remaining buttermilk. Drop by rounded tablespoons 2 inches apart onto ungreased cookie sheets. Bake in a 350 degree F oven for 8 to 10 minutes or until the edges are firm; cool on a wire rack.

**Filling #1** - in a saucepan combine 3/4 cup milk and the 1/4 cup flour. Cook and stir until thickened and bubbly. Cook and stir 2 minutes more. Remove from heat; cool.

In a mixing bowl beat 3/4 cup margarine or butter with an electric mixer on medium to high speed for 30 seconds. Add the 2 cups powdered sugar; beat until fluffy. Add 1 teaspoon vanilla. Beat cooled milk mixture, 1 large spoonful at a time, into margarine mixture. Beat on high for 1 minute or until filling is smooth and fluffy. Spread about 2 tablespoons filling on the flat side of half the cooled cookies. Top with the remaining cookies; flat side down.

**Filling # 2** - beat together 1/4 cup cocoa powder and 3 tablespoons butter or margarine. Gradually beat in 1 cup of the powdered sugar. Slowly beat in 2 tablespoons milk and 1/2 teaspoon vanilla. Gradually beat in remaining 1 cup powdered sugar. Beat in additional milk, if needed, to reach spreading consistency.

### Vanilla Berry Whoopie Pie

1 cup granulated sugar  
 1/2 cup vegetable shortening  
 2 large eggs, room temperature  
 1/2 cup buttermilk, or soured milk  
 1/2 cup water  
 1 teaspoon vanilla extract  
 2 3/4 cups flour  
 2 tsp baking powder  
 1/4 teaspoon salt

### Vanilla Cream Filling

1 cup vegetable shortening  
 1 cup confectioner's sugar  
 1 1/3 cups Marshmallow fluff  
 1/4 teaspoon salt  
 1 1/2 teaspoons vanilla extract  
 1/2 to 3/4 cup of your favorite berry jam  
 additional fresh berries (optional)

Preheat the oven to 350 degrees. Prepare pans.

Place sugar and shortening in mixer bowl and cream until light and fluffy.

Add the buttermilk and water, mix well. Add the eggs and vanilla.

In a separate bowl, sift together the flour, , baking powder and salt. Add to the wet ingredients and beat for one minute. Do not over mix, or the cake will be tough.

Place scoops of batter approximately 2 inches apart on the cookie sheets. You can bake right away for higher domed cakes, or let sit 5 minutes for wider cakes. Bake the cakes for 10-14 minutes.

In a large bowl mix all filling ingredients together until light and fluff. Scrape the bowl often to avoid lumps.

### Chocolate Whoopie Pies

4 cups flour  
 2 tsp. baking soda  
 1 cup cocoa  
 dash of salt  
 2 cups sugar  
 1 cup shortening  
 2 eggs  
 1 cup milk  
 1 cup warm water  
 2 tsp. vanilla

In a mixing bowl, combine the flour, baking soda, cocoa and salt; mix well and set aside. In a separate bowl, combine the sugar, shortening and eggs. Beat for about 2 minutes. Mix the dry ingredients with the egg mixture. Add the milk and warm water and beat

at medium speed for 2 to 3 minutes. Add the vanilla and beat again until the ingredients are thoroughly blended. This batter is for a cake like cookie. Bake as drop cookies. Drop by rounded tablespoons full onto ungreased non-stick cookie sheets. Bake in a preheated oven at 375° for 10 to 12 minutes or until the center of the cookies spring back when lightly pressed.

#### **Filling**

2 egg whites  
2 tsp. vanilla  
4 T. flour  
4 T. milk  
4 cups confectioner's sugar  
1-1/2 cups vegetable shortening

Beat the egg whites until stiff; set aside. Combine the other ingredients and beat very hard for several minutes at high speed. Fold in the beaten egg whites.

#### **Pumpkin Whoopie Pies**

3 cups flour  
1 tsp. baking powder  
1 tsp. baking soda  
1 tsp. salt  
1 tsp. cinnamon  
1 tsp. ginger  
1/2 tsp. ground cloves  
(Or 1 1/2 tsp pumpkin spice)  
2 1/2 cups brown sugar  
1 cup vegetable oil  
2 eggs  
2 cups pumpkin  
1 tsp. vanilla

Combine flour, baking powder, baking soda, and spices in a mixing bowl; set aside. In a separate mixing bowl, cream together sugar, oil, eggs, pumpkin and vanilla. Mix all ingredients together. Bake as drop cookies or using whoopee pan. Bake at 350° for 10 to 12 minutes or until center of cookie springs back when lightly pressed. Cool thoroughly on wire racks or paper towels before spreading with filling.

#### **Filling**

2 egg whites  
2 tsp. vanilla  
4 T. flour  
4 T. milk  
4 cups confectioners' sugar  
1 1/2 cups vegetable shortening

Beat egg whites until stiff; set aside. Combine other

ingredients and beat very hard - several minutes at high speed. Mix in beaten egg whites.

#### **Banana Whoopie Pies**

4-1/2 cups flour  
1 tsp. salt  
2 tsp. baking powder  
1 tsp. baking soda  
1 cup shortening  
2 cups sugar  
2 eggs  
2 cups mashed ripe bananas  
1/2 cup sour milk or buttermilk  
1 tsp. vanilla

In a large bowl - combine the flour, salt, baking powder, and baking soda; mix well and set aside. In a separate large bowl, cream the shortening and sugar together. Add the eggs, mashed bananas, buttermilk, and vanilla and beat thoroughly. Beat in the dry ingredients. Drop by rounded tablespoons full onto ungreased non-stick cookie sheets, 2-1/2 " apart. Bake at 375° for 10 to 12 minutes, or until the cookies spring back when pressed lightly in the center. Cool completely before spreading with the filling.

#### **Filling**

2 egg whites  
2 tsp. vanilla  
4 T. flour  
4 T. milk  
4 cups confectioner's sugar  
1-1/2 cups vegetable shortening

Preparation -

Beat the egg whites until stiff; set aside. Combine the other ingredients and beat very hard for several minutes at high speed. Thoroughly mix in the beaten egg whites.

#### **Chocolate Peanut Butter Whoopie Pies**

4 cups flour  
2 tsp. baking soda  
1 cup cocoa  
dash of salt  
2 cups sugar  
1 cup shortening  
2 eggs  
1 cup milk

1 cup warm water  
2 tsp. vanilla

In a mixing bowl, combine flour, baking soda, and cocoa and salt; set aside. In a separate bowl, combine sugar, shortening & eggs. Beat about 2 minutes. Add dry ingredients to egg mixture. Add milk & warm water. Beat at medium speed for 2 to 3 minutes. Add vanilla and beat again until mixture is thoroughly blended. Drop by rounded tablespoons full onto ungreased non-stick cookie sheets and bake at 375° for 10 to 12 minutes or until center of cookie springs back when lightly pressed.

### **Peanut Butter Filling**

2 T. butter  
1/2 cup creamy peanut butter  
3 1/2 cups confectioners' sugar  
1/2 cup milk

Blend butter and peanut butter. Add confectioners' sugar and milk. Beat with an electric mixer at medium speed to blend ingredients, then beat at high speed until light and fluffy.

### **Chocolate Again Whoopie Pies**

4 cups flour  
2 tsp. baking soda  
1 cup cocoa  
dash of salt  
2 cups sugar  
1 cup shortening  
2 eggs  
1 cup milk  
1 cup warm water  
2 tsp. vanilla

In a mixing bowl, combine the flour, baking soda, cocoa and salt; mix well and set aside. In a separate bowl, combine the sugar, shortening and eggs. Beat for about 2 minutes. Mix the dry ingredients with the egg mixture. Add the milk and warm water and beat at medium speed for 2 to 3 minutes. Add the vanilla and beat again until the ingredients are thoroughly blended. This batter is for a cake like cookie. Bake as drop cookies. Drop by rounded tablespoons full onto ungreased non-stick cookie sheets. Bake in a preheated oven at 375° for 10 to 12 minutes or until the center of the cookies spring back when lightly pressed.

#### **Filling**

2 egg whites  
2 tsp. vanilla  
4 T. flour  
4 T. milk

4 cups confectioner's sugar  
1-1/2 cups vegetable shortening

Beat the egg whites until stiff; set aside. Combine the other ingredients and beat very hard for several minutes at high speed. Fold in the beaten egg whites.

### **Spinach Whoopie Pies**

1 cup all-purpose flour  
1 cup whole-wheat pastry flour  
1/2 cup unsweetened cocoa powder  
1 teaspoon baking soda  
1/2 teaspoon baking powder  
1/4 teaspoon salt  
1/2 cup light olive oil  
1 1/4 cups packed brown sugar  
2 egg whites  
1/2 cup spinach puree (see note below)  
2 teaspoons pure vanilla extract  
1/2 cup low-fat (1%) buttermilk  
Nonstick cooking spray

#### **For the filling:**

1 stick (1/2 cup) unsalted butter, softened  
1 1/4 cups confectioners' sugar  
2 cups marshmallow cream  
1 teaspoon pure vanilla extract

Preheat the oven to 350°F. Whisk together the flours, cocoa, baking soda, baking powder and salt in a bowl or shake in a zipper-lock plastic bag until combined.

In a large bowl or standing mixer, beat the oil and brown sugar with an electric mixer at medium-high speed until well combined. Add the egg whites and mix on low until well blended. Blend in the spinach puree and vanilla. Alternately add in the flour mixture and the buttermilk, beginning and ending with flour, mixing until smooth and just combined. Prepare pans and place tablespoonfuls of batter about 2 inches apart onto baking sheets. Bake until the cakes are cooked through and spring back to the touch, 8 to 10 minutes.

**Filling:** With an electric mixer on medium speed, beat together all the ingredients until smooth, about 2 minutes. Spread a rounded tablespoonful of filling on the flat sides of half of the cakes and top with the remaining cakes.

#### **Spinach Puree:**

For mature spinach, fold leaves in half lengthwise with the stem outside, then strip the stem off the leaf. Cook: Steam for 30 to 40 seconds, or cook in a skillet with 1 tablespoon water for about 90 seconds, or just

until wilted.

Puree: Use a food processor or blender for about 2 minutes, until smooth and creamy.

Can use frozen spinach and cook until ready to blend.

### **Pumpkin Spice Whoopies**

1 cup canned pumpkin  
1/3 cup butter, softened  
1 package spice cake mix  
2 eggs  
1/2 cup milk

1 recipe Marshmallow-Spice Filling (see below)

Preheat oven to 375 degree F. Prepared pans. In large mixing bowl beat pumpkin and butter with an electric mixer on medium speed until smooth. Add cake mix, eggs, and milk; beat on low speed until combined, and then on medium speed for 1 minute.

Drop mounds of batter 3 inches apart on cookie sheet; keep remaining batter chilled. Bake 15 minutes or until set and lightly browned around edges.

### **Marshmallow Spiced Filling**

1/2 cup softened butter  
1 8 oz. package softened cream cheese  
2 cups sifted powdered sugar  
1/2 7 oz. jar marshmallow cream  
1 teaspoon vanilla  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg

Beat together butter and cream cheese until smooth. Add powdered sugar, marshmallow cream, vanilla, cinnamon and nutmeg. Beat until well combined.

### **Gingerbread Whoopie Pies**

2 1/2 cups all-purpose flour  
1 1/4 teaspoons baking soda  
1 teaspoon salt  
2 teaspoons cinnamon  
1 teaspoon ground ginger  
1/4 teaspoon nutmeg  
1/8 teaspoon ground cloves  
Pinch ground black pepper  
3/4 cup buttermilk  
1 teaspoon vanilla extract  
8 tablespoons (1 stick) unsalted butter, at room temperature  
3/4 cup packed light brown sugar  
1 large egg  
3 tablespoons molasses

### **Pie Filling:**

6 tablespoons unsalted butter, at room temperature  
1/2 cup confectioners' sugar  
Zest of 1 lemon  
1 7.5-oz. jar marshmallow cream  
1 teaspoon vanilla extract  
Pinch of salt

Preheat oven to 350°F and line 2 large rimmed baking sheets with parchment.

In a medium bowl, whisk together flour, baking soda, salt, cinnamon, ginger, nutmeg, cloves and pepper until well combined. Stir buttermilk and vanilla in a small bowl. In a large bowl, mix on medium-high speed, beat butter and brown sugar until light and fluffy, about 3 minutes. Add egg and molasses, beating until well combined. Beat on low and beat in half of flour mixture until just combined. Beat in buttermilk mixture, then remaining flour mixture, beating until smooth. Using a small ice cream scoop or a couple of tablespoons, drop 2-tablespoonful-size mounds of batter at least 2 inches apart on baking sheets. Bake for 11 to 13 minutes, switching baking sheets from top to bottom halfway through, until cookies are puffed and spring back when lightly touched. Let cool on sheets on a wire rack for 5 minutes, then transfer cookies to racks to cool completely.

Filling: In a large bowl, mix on medium speed, beat all ingredients together until smooth, about 3 minutes. Chill bowl in refrigerator 15 minutes.

Spread about 2 tsp. filling on flat side of half of cookies. Press flat sides of remaining cookies onto filling.

